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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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WEDNESDAY NOVEMBER 2, 2016

CONESTOGA COLLEGE, KITCHENER, ONT.

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PRINT EDITION NO. 10

## FUNDRAISER ADDS A SPLASH OF COLOUR



Photo by MELISSA ANDREW

Maghan Perkins (left), Conestoga College's 2016 Foundation student and Kristina Stachowiak, a third-year psychology student, pose on their team on Oct. 28 during the Mental Health Colour Run at Conestoga College in support of Lethbridge. For more and additional photos see Page 6

## Discounts galore after graduation

### College wants alumni to stay connected

#### BY MELISSA ANDREW

For no reason, everyone thinks getting discounts. As Conestoga College students you are on the brink of receiving a multitude of discounts, of tokens and services that many students don't even know exist. All you have to do is graduate.

Once you officially become a Conestoga College alumna you have access to over 20 different discounts on things like tuition, university credit, books and lots more and on-campus benefits. Some available discounts include Fluoridan, Galt, Galt Ticklers, Wonderland passes, Centre for the Inquiry where you can buy Aquasports and Highly Aquatic of Canada passes. Some major affinity partners include Scotiabank, TD, Royal Bank, Johnson & Johnson, an insurance company and Maryland Bank of North America.

Conestoga College offers a host of development opportunities with affinity partners and contacts



such as the began that allows you will keep a relationship with the college in a way that will benefit from partners.

To our hope that others will stay connected with the college. Perhaps they can nominate someone for an Alumni of Distinction or a Presidents Award. Or as they go forward in their careers consider supporting the institution in their situations allows.

However, despite the many opportunities and out by Alumna Relations and

out and out to share by the affinity partners that allows our former students will need to know that these benefits are even available to them. Since Major's recently graduated project, Faculty of management, graduate was surprised to hear of the benefits he was due to receive, and considered how these benefits could even a sense of familiarity amongst whom.

He was not aware of these advantages but it is a good idea to let Conestoga know about an alumna whom a truly connected to the major are interested in the surrounding area, said Major. "There is a great resource for recent graduates who are possibly looking for local and/or still need to live on a budget."

Take used in order to ensure these benefits always meet criteria on account by meeting the criteria of employment, economic byproduct page. Once located in a place can then be a full list of services available through the Office of Development and Alumna page.

## Get mellow on Mondays

#### BY MELISSA ANDREW

It can be hard to find time in order with constant assignments, tests and projects that need to be done for school but Conestoga Student Inc. has started a new event aimed at focusing on student wellness.

Jeff Scherer, CIS president and a psychology major CIS said. The Teflon Toolkit Project is their mental health awareness campaign but this year the board of directors decided they needed a new campaign.

Our board felt that it was something we wanted to focus on for longer throughout a month and believe

That's how the idea of Mellow Mondays came to be.

"The goal of Mellow Mondays is each week to focus on a different type of mental health, wellness and promote activities for things that they can do to promote better wellness overall."

A lot of students deal with stress in different ways as stress is a student association we like to just give them options rather than other than what they can do to deal with stress.

Some of the past Mellow Monday installations included candle power, walk, massages and a know someone that hasn't got their successful.

"We had lots and lots of fun and making that they didn't get a big turnout when they held the guided candle walks but other events like the poker and wine tasting were successful."

"Unfortunately you can't predict that our events are going to be successful, we can't go back and change it or something like that," Scherer said.

"Dishonour things weren't just possible to be kind of just last at there and say 'Well we just need to do these' agree that this can be do in these places and the ones that were successful here can be made there better."

Jeff Danner, a first year pre-nursing/secondary current student, thought the idea was a good idea and provided something that the college doesn't have already.

There's not much at the college to actually wind down and relax," Danner said.

However, he thought having stress another they might work a little better.

"I think it'd be better in the middle of the week because on Monday everybody just had the weekend," he said.

"Having it in the middle of the week would be perfect."

Lynn Shabot, White's Conestoga College, research, thought it was a positive move the students.

"I think any opportunity to engage students breaking down the stigma of mental health, any kind of activity that is promoting wellness can't be a bad thing," she said.

McBride, White said it can be good because the students can go to events like that and supporting mental health and maybe focus about the other resources that are available on campus.

"Students may think if students are providing this kind of programming supporting it is an activity maybe there's something else that I can get for the welfare of my mental health and life."

Having it at Mondays could be a good thing she said because sometimes over the summer students get down focused from their friends or something bad could happen that students may need to get over from.

One upcoming activity for Mellow Mondays include poker and wine, mystery Legs and Conestoga makes for a drink event and even some food and music parties. Students can find exact date on when these events are being held on CIS's website were connecting students can go to poker hang around the school.

CIS is already looking ahead and planning Mellow Mondays next semester.

# Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the best piece of advice you've ever heard?



"You are you, your parents know if you don't give it a try."

**Laura Stevens,**  
3rd year  
Industries administration  
marketing

"Learn to distinguish off everything important for a reason."

**Rebecca Munro,**  
3rd year  
accounting



"Stay consistent with your work and with anything else that you're doing. Keep trying no sign of your genes."

**Matthew Potts,**  
3rd year  
Industries/marketing

"Be your own influence. Don't let other people's opinions ever prevent you."

**Jesse Pashup,**  
3rd year  
marketing



"It's kind to everyone you meet, everyone's going through something."

**Maribel Paredes,**  
3rd year  
mathematics

"With this class last year, I probably won't major."

**Alan Schreiber,**  
3rd year  
marketing, marketing  
information technology

Please contribute your concise comment responses.

## FERBIE CARTOONS



BY ERIC FERBIE



BY ERIC FERBIE



BY ERIC FERBIE

## Tips and tricks to stay motivated

### BY KARENNE GALLANT

It only takes mere moments to feel unmotivated.

People find it hard to fit everything into their schedules such as work, projects, eating and kids as the first thing to go is exercise. Dave Harvey, fitness co-ordinator in the fitness and health promotion program, agreed that these things prevent people from finding a good workout.

Other thoughts process goes like this: "I want to exercise but I also want to get a jumpstart on my research project." He said.

Upon entering school, staff leave, students priorities start to change. They may have gone to the gym every day before but now that classes are over and not taking over their free time. Exercising regularly is important for your body and your mind and is beneficial to the long run. It can help improve your posture and mind, as well as prevent diseases according to the Health Discovery website where health discovery.net

Programs that are based of activity is better than no activity, said Harvey. "The greatest improvements are made whenever you perform an exercise to some extreme. Even if you do not feel like doing an extreme exercise, a long walk is better than nothing."

He suggested you break your workouts and the increase you go with a calendar or by using an app. This can help track your improvements you are making even if its just a small one. Showing your improvements can also help boost your confidence and your mood.

When asked if he had any tips for people to stay motivated for work out, Harvey said a normal part of the process is changing your mind set from trying to hang out with friends to wanting to exercise regularly.

"These days it will be really important to you and other days it won't," Harvey. "Expect your motivation to vary. You can plan for days when your



PHOTO BY KARENNE GALLANT

The gym at Conestoga College's Kitchener campus is available for all students, students and visitors among different types of equipment

motivation is low. Programs are available to increase the urge to stop the student's excuses or reasons away.

Ryan Thompson, a second year student in police foundations and he suddenly lost motivation some days, but other days he'll have a lot of energy. "I put it up in pictures when I work out to keep me to keep track and what I want my results to be like in the long run," he said. "Working out definitely makes me feel better about myself, but when I want to take a break from it, I will."

Another great way to stay motivated is going to places Harvey said you'll have new interests and be social at the same time. But if you're going to a gym, you can be embarrassing and you're taking motivation for everyone around of focusing on your interests.

Time is required to get to the gym, change in and out of clothes, shower and eat. For many a home based option is more time efficient.

He said people need to make themselves accountable instead of trying to choose between going to a gym or staying at home.

"I recommended having numerous options in mind as the question becomes 'What type

of exercise am I going to do today?' rather than 'Do I feel like going to the gym today?'

Even just a few minutes apart, every day can be different but being consistent is very important, according to Health Discovery. Staying active whether you run, swim, jog, or play a lot of different sports are your muscles and bones. Working out is important too as it increases flexibility and prepares and tones up your body for the next move.

People need to remember that working out can be fun but Harvey said the most important factor for fitness fun is involving others.

This might mean a workout buddy or friend for a walk and talk, or going up for rock climbing or playing sports.

The Health Discovery website states, "Getting up and moving more and more often can help people feel better and help get people on the road to well-being." Having something distracting on or in the back ground to keep your mind off of how long you're working out or what you think you should look like such as a movie or Netflix.

Putting up for fun classes like Zumba can help people get on the road too.

# Cooking with Conestoga Students Inc.

BY MARGARET CRIBB

Conestoga Students Inc. has created a cookbook for students who need a little help in the kitchen. The book, which is from a group whose focus is to cook, and not healthy, on a students budget.

Jeff Scherer, CIS president, and the board of directors has been talking about a cookbook since he became president, a few years ago. However, he had to take a lot to create a cookbook. All the research, the design and research on recipes took time and took effort.

The always been kind of a plan to put together a cookbook for students. Scherer said, adding the plan was to pass on healthy eating for the students rather than fast food or dining out, and to promote low cost, and easy meals.

Scherer said the cookbook gives students an opportunity to cook relatively easy meals that are cost friendly and have healthy ingredients.

Andrea Di Ambrosio, a registered dietitian and owner of Dietetic Directions said it is important people who cook are not afraid to cook friendly and that it can be a delicious meal. She said when

uncooked students to get on the Internet.

Di Ambrosio said: "Cookbooks can be very good, but they do not cook balanced meals for themselves or their families. However, a person coming to college for the first time may experience the difficulties of cooking the themselves and resort to a easy university meals."

The cookbook offers meals that are a healthier choice than fast food and cheap, but fast food.

Scherer said he hopes that CIS can add to and update the book each year. He said they will wait for feedback and see how popular the book is at the annual fair again. It is currently only available at the Waterloo and Cambridge campuses and there are about eight copies in it. Hopefully the cookbook will be at the Dietetic fair again within the next few weeks.

The book last year had talked about student meal menus, so if students have family recipes or recipes they come up with, we would have someone. Scherer said. That is an idea they may not in the future to choose the best, or most popular recipes.

There are many such cook books out there, some good

and some not so good, said Kerri Miller, the chair of the School of Business, and Hospitality. "Students need a reliable and trustworthy source for healthy eating. He suggests having some cooking classes to accompany the book and help students get started cooking."

Di Ambrosio affects everybody in how they think and how they feel. Eating well helps optimize our health, and can help our emotional state. Di Ambrosio said. That is why it is important students have healthy meals and pay attention to their diet.

Miller said Di Ambrosio has some tips for students on the best ways to be healthy at college. They encourage students to cook their own meals and eat out less. They also said to plan for events and put them on the calendar so they can be booked up later and have less to plan, mostly because bulk purchasing is not always the best and so much ends up going thrown out.

"I would like to say just when you see able to cook, you can make what you eat in the dorms a lot of your diet. This is in control of the choices you put in your meals



A PHOTO BY MARGARET CRIBB

Thomas Cribb (left)-communications and media practice for CIS and Jeff Scherer CIS president. Show off the new student cookbook created by CIS.

Di Ambrosio said.

Many of the ingredients for the recipes in the cookbook are healthy. Scherer said students who work a cookbook or want more tips on CIS as CIS is an office of any recipe.

## Just Breathe, Just Run group helps reduce stress

BY MARGARET CRIBB

Deep breaths and deep breath out. You can make get out, go. When it comes to mental health finding ways to decompress stress and anxiety can be hard but it doesn't have to be. Counselling Services at Conestoga College wants to make the world "stress" sleep pass from all aspects of your life. The Just Breathe, Just Run group helps with that by offering tips and ways that can be fun and beneficial for an after school extracurricular activity.

Eric Kowalewski, a counsellor at Conestoga College and the facilitator of Just Breathe, Just Run said running is the best way to calm the mind regardless of the situation you are in.

"I try things such running that I can be active in the group as the facilitator of group and I think that helps to calm the mind," Kowalewski said. "We're always worrying about everything. I think we're just running can calm us down, it's good you're in the present, peace presented with your surroundings, your focused on what is going on right now and that's important."

Everyone is encouraged to

participate in the group regardless whether you are a good runner or not.

"It has a really positive experience going that group and Karen Scherer, a student at Conestoga's a bachelor of public relations program. "I love showing up every week and doing something with a group of people. It has really been nice when you can help each other accomplish and exceed your abilities. It's great helping yourself and others. I think that helps people and that's why people should join."

Scherer keeps a student in the general who is running group and "The group has made so many forms of mental health because we always talk about it. Every day at the end of our run we do recovery and talk about human mental health, as well as working on exercises that can help us out and our bodies to a reduce stress."

The running component of the Just Breathe, Just Run group might work long the same trail from a mental health perspective that just going every fall. However, Kowalewski said the group will continue to meet.

"I guess right now is how long I wanted the event



A PHOTO BY MARGARET CRIBB

Erica Scherer, a student at Conestoga's bachelor of public relations program, practices basic running exercises before a run with CIS on the trails behind Conestoga College. She is a member of the Just Breathe, Just Run group which focuses on reducing stress.

where it's not running yet. At some point in life, we all can experience different mental health issues. Sometimes we can deal with it on our own and sometimes we need help to get through it. At Conestoga College students and faculty are there to help whenever we are in need by joining groups or talking one on one with someone. For more information, call 519-836-5000 ext. 5204 or email Eric Kowalewski at [ekowalewski@conestoga.ca](mailto:ekowalewski@conestoga.ca).

# Feminism not just a fight for women

BY MARIA BARBIA

A certain F word has been around for years, yet in today's world it is a word that makes some people cringe.

Feminism. We will never truly understand why people are so against feminism — what is so wrong about fighting for equality?

Most would argue that feminism is biology's answer to the different than it was years ago. What grew out of a group fighting for equality, now turns into an anti-state group consisting of latter women, which in all cases is comprised of females.

Where would we be without feminism?

Being a feminist means believing in the power of equality. However, some say that feminism only believes in the power of other women. That being said, there is very little that doesn't understand the impact that feminism has had on our no to sexism.

For instance, women have and are still fighting for gender equality — socially, politically and economically.

So why is it so much harder to look at feminism? Could it be that those who have been raised more educated about what exactly it means?

With the way our culture and the media treat women, and the numerous sex bias references that have been passed on for decades, it is difficult for young people to feel the right motivation about feminism and gender equality.

The ever so popular *Me Too* movement has led the world to see a movement because we "know more."

I think the idea of women's rights to power, then take the men away from the power, is never going to work out because you need balance. She and I are an example. "I don't know how we as women expect men to respect us because we don't even respect each other."

The later goes on to talk about how she considers herself a "feminist, not a feminist."

Karen Watson, of Marcy Native American, is a United Native Women Chapter Ambassador. She launched a campaign called *IndieFeminist* back in 2014, which aims to get more involved in the gender equality movement.

"I was appalled by marriage equality and the idea I had upon about feminism, the more I have realized that fighting for women's rights has too often been fought against with men being the used. If there is one thing I know for certain, it is that this has to stop. Feminism, by definition, is the belief that men and women should have equal rights and opportunities."

We as individuals need to acknowledge that feminism is not just a woman's fight. It is a fight for all those who don't have a voice. It is a fight for equality for all, which, despite being a problem for centuries, is still a problem today.

The voice *Barbia* represents the position of the newspaper, and not necessarily the author.

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This is not feminism. Feminism is about equality for all.

## Escape the obsession of social media

I used to be on the dog when you had to take some calls on the telephone book. When you had to put an effort and pursuing a relationship with someone whether it's a friend or even your love. Nowadays you can just press your smartphone and call your social media platforms. There are so many benefits of social media that make our lives so much easier or even efficient. But these platforms are also artificial and are generally a waste of time for the human society. Did you know that our culture is spending more culturally speaking, we are based in the right direction.

So if you are still stuck in a society looking for just a superiority. This could be a problem. This could even lead to a problem, when it's not bringing us together, but breaking us apart. The social media's upholding of some social media accounts can be just a waste of time. Obsessing on social media users are more concerned with the message that they are trying to present than observing what other people are up to.

It is a waste of culture, confidence from behind a computer. Everyone takes advantage of it, including me. We human and other



SEAN  
MCNAMEE  
OPINION

users and photo-takers are using access just enough strength just barely enough or just permanent enough. Whether we are here to present, whatever you want to promote, the internet is just right.

The phone app Tinder shows just how far we have gone. The app simply puts an individual on your screen, and you assess if he or she meets your standards of appearance by swiping pictures. If you decide to swipe the photo left, you are saying you are not interested in that person. If you swipe to the right, you are saying you find that individual attractive. If the two same people swipe right, on each other's phone they are considered a match and will be given the chance to privately message each other. That's right, a relationship built strictly off of looks. Good luck on the first date. I hope he or she isn't a

stranger.

Is the most extreme part of an individual on the inside? A little bit flushed, but not that was reflected on every carbon skin and finally missed? We struggle. Few come on our outside, but fail to the full extent of previously saying people back from the comfort of our back.

Historically we compare ourselves to others. But we need models in a whole other level. We can pass the name of like, most, Donald and Billions. We know where our friends have gone and where they are going. Through this comparison we are comparing, making sure our own steps end up, above all others. This class always brings a great amount of skilled writers to people's lives. He starts off to get old fashioned and has the mindset to enjoy the long and tradition of fun in the same unification. By the social media, (Don't mind, to enjoy apps and prefers shared local bars, driving, my year was not like cells usually). Instead of running for some status update, be yourself, be person. We are a social species, designed to be human and expand.

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## SPiKE

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# Behind the nails

By SARAH VERNETTA

In a studio in Brixton, London, film director Peter Bergman decided to withdraw the simple, mundane artistry of everyday life. He uses them paint a masterpiece.

There is a new business in town: nail-artist turned colourist. Bergman's nail art is a small but exciting way.

There is a nail artist who truly loves what they do, and they have done it for years. White, 23, was created by the moment. I met her when she was a nail artist.

Alison Allen, an artist in London, created her own business, closely named Model D, offering clients manicures and wands in the colours of their new home.

"It happened by accident," said Alison. "I didn't have a space in my own house to do it. I thought, 'why not just go to someone's house and when I'm done, I can pack up and go?'"

It's easier to do the bigger projects than tiny nail-care items from the supermarket.

Since starting the business nearly one year ago, Alison has renovated a small room in her house and started to take her first clients 30 per cent full price for her to do them.

"A lot of my newer clients will come in my house," said Alison. "All of my nail-care clients also come to me as clients who live in Keweenaw but work in London. So I think I will come to them on their way home from work."

While the bulk of her clients are located in Waterford Kitchens, Alison feels more of herself is travelling back.

"I started to London last and Alison. "I now have a few people in New Zealand, a few in South London and even a group of friends in Germany that I do a nail



PHOTO BY SARAH VERNETTA  
An intricate nail art design.



PHOTO BY SARAH VERNETTA  
A woman shows off the design she painted on her toenails, which is the ultimate nail art.

piece for when I do the nail art to go further, especially if it's for a group, than the totally would it for me to pack up and go."

Most part, on which a group of them to eight, women will get together to all have manicures and have eyebrows and painted for even prettier than Alison predicted.

The one I did two weeks ago was for a girl who got engaged," said Alison. "It was for her shower or anything, it was just an excuse for everyone to get together. They got together and drink wine and get their manicures. They all bring out an alternative and not. It's pretty cool."

Alison admits that her nail art distinction is what made her so successful on such a short time.

"I think that I have been very lucky in the way I am an entrepreneur now on Montreal," said Alison. "Well, actually went to get her nail design and the owner house so she can see me. The owner I never thought on a million pieces that a 10-year-old would even

think much about her nails.

What is it that makes Alison worth the wait? The art.

"She has so much passion for what she does," said White. "She constantly is inspired and I feel so special I get to wear her artwork on my nails."

Alison creates her mostly nail art, and her own style is for freedom. Her free style is the main reason.

"Nails are my life," said Alison. "I usually painted and didn't, but when I'm not doing nails, I'm in there looking up what's new. Everything that happens from New York Fall Fashion Week to an Andrei furman collection. I'm making sure I know what's happening on the runway. I can tell people which colour or pattern is in."

The top three colours for right now? Alison admits although black, deep monochrome and people are trending to second edition of fall, the "it" colours are white, grey and a olive shade.

What shape of the nail? Alison said, and as something else, Alison's nail art is reported display of long tapered nail with a tapered sides, much like like herself is currently in spring. She added that the almond shape is also "not going anywhere for a while."

"My theory is that it's a lot

less to break, so it's not

as much work," said Alison.

What shape of the nail? Alison said, and as something else, Alison's nail art is reported display of long tapered nail with a tapered sides, much like like herself is currently in spring. She added that the almond shape is also "not going anywhere for a while."

"My theory is that it's a lot less to break, so it's not as much work," said Alison.

"I think that I have a lot of geometric shapes and patterns," said Alison. "My one of the names to be in right now is my clients. They always bring my pictures and tell about their life and what's happening. I feel that's what they see like the last lot of lots of lots of data. You do a lot with those two."

A Model D manicure costs £35 for a nail colour or £40 for a manicure with artwork.

Looking brighter from two to three weeks.

"I feel like I have so much more to bring to the table than does the nail who probably not worked as closely close to tools, said Alison. "If you want people to connect in your nails, I guarantee you will, but if you never do you have to do that at."

Alison makes a point of never using her tools between every client, and wrapping them in sterilized foil if packaging that a client and option only right before each use.

"I try to keep it clean and," she said. "We pain them please but if you want to ask I would do it in public, first. I would do it in a real way without the talk between and wrap them you know the case I'm talking about. I would make sure I cleaned it."

For more information go to [www.modeld.co](http://www.modeld.co)



## THE PRICE ISN'T RIGHT

The cost of parking at Dordogne College in the northern suburbs of the post-secondary schools in the province has apparently gone up to nearly \$17.73 for the semester-long pass. For more study go to [www.keweenaw.com](http://www.keweenaw.com).

PHOTO BY SARAH VERNETTA

# Showing one's true colours

## Students participate in fundraiser for mental health

BY CHRISTEL ALBERSON

Green- and yellow-coloured powder was the colourful part of a cold, rainy morning when Guelph students came out to run and walk for mental health.

On Oct. 11, Guelph students live held a 5-kilometre Mental Health Colour Run or Walk to raise money in support of Lutherwood.

Lutherwood is a non-profit health and social services organization in Waterloo that provides mental health, employment, housing and family support services to people in Waterloo Region and Wellington County.

Their mental health services include individualized training for youth with autism, family counselling, short-term crisis stabilization, safe haven alternatives, in-home and community and residential services.

The photo was taken and it was raining heavily when students came out with their families and friends in show support and to have a colourful full day while making memories they would always treasure.

She brought me here and Isabella Riznik, an early childhood education student, who is from next to the friend who invited her. "She has a love n."

The morning started with a special presentation in the library on transforming pain into pleasure by Bruce Harcherick, a personal development coach and speaker. By the time his presentation was over, a few people were in tears and many one was motivated to be involved in support of the organization.

Before running or walking, students had fun choosing each colour with cups of coloured powder to put on the agent of the day.

"It's for a good cause. Why not?" said Beth Schreiter, a health sciences student.

Colour runners and walkers

happily made it to the finish line as all their colourful play time was not the goal of the day making sure the coloured powder didn't get in your eyes was.

A free lunch was provided after the run.

Approximately 30 people participated raising \$1,000 for Lutherwood.



From left to right: a Guelph health sciences student, and a psychology student, participated in the Mental Health Colour Run or Walk on Oct. 11.



Darian P. shows (left to right), Rachel West, and Sarah (front) their colored powder to the air during the event that was organized by Guelph.



Carissa (left) and Isabella (right) the education students, participate in the green and yellow powder in support of Lutherwood's mental health programs.

# Winterize your car

BY MATT GERMAR

The winter season is your vehicle's worst enemy, especially if you don't winterize it.

There are some steps you should take before the first snowfall if you want to keep your vehicle in good condition all winter long.

There are some important parts that you must prep the winter to reduce the chance of breaking down and causing you and your vehicle are left to stand in slippery snow.

"There are so many people that think things people think of when it comes to preparing for winter driving," said Steven Bell, a professor in the automotive program at Conestoga College. "Once the temperature has dropped below 0°C immediately, you have to put on your snow tires."

Making sure that they are not set for use in cold weather and snow is the first mistake drivers make and as they won't purchase a good set of winter tires because they are much more expensive.

Checking your fluids and changing them if necessary before the snow begins is just as important. Windshield wiper fluid is often what is overlooked. There are numerous brands which offer around 60% efficiency variability. When it comes to the quality of washer fluid, it is well worth spending the extra money on a better brand.

Winter fluid choices of motor oil and public protection at the garage described an experience she had. "I just went in to have the biggest skeptic here, she was before beginning her story. She had been sitting in an interview with a transportation expert before an event much like this one. The lights turned off, and she could see a man in an old fashioned clothes including a hat and a red scarf standing at her. 'And then I looked,' she said, 'and because in the happen moment and didn't think, did see anything.' After speaking with her colleagues and looking at some photographs, it is believed that the woman she saw had been from Penn Watson House Watson's side.

Opponents say the problem with her story is that it sounds like she has known her whole life. "Being 16 years old, she has only been reading other people for about five years. However, she has always seen things, but wasn't always in complete of her gift. 'They had, about just 10 or 12, I understand it more,' she said.

Lucy James, who attended the event and has reading material with her, said, "We told her some things that were very specific about my father and my two sons, particularly my younger son, she said. 'She was surprised, being a bit of a skeptic, but she said she is a little bit more of a believer.'



PHOTO BY MATT GERMAR

It is crucial that you prepare your vehicle for the winter season. There are some components that you must change if you plan

to protect the fuel system and charging the oil.

"The condition of metal fuel tanks including internal engine components can be increased by using regular oil," said Matt Lowry, an instructor in the motorcycle and power-sport vehicle program at Conestoga College. "Regular oil and 10W-30 are ideal products for protection and will even give the life of rubber components including tires."

"Once you park your vehicle due to a dead lead battery, conducting a quick test can determine your battery's charge confirming this will be able to start your vehicle in the cold. Most batteries stores offer a maintenance charge that can help extend your vehicle's life in storage."

"The fluids in your vehicle typically doesn't require any type of annual service, but you'll want to make sure its running properly before the deep freeze comes," said Bell. "For safety's sake, the defrost setting is the most important and is usually part of a year-round safety inspection. Also, once temperatures drop, should be running at the fuel tank to avoid your vehicle from warming up."

"Motorcycles and other power-sport vehicles need to be maintained as well and there are a few things riders should complete before winter to help make important publications available. Buying the engine with an oil filter should only be done by professionals and adding a fuel stabilizer

"Once spring rolls around you should have the vehicle re-inspected for any wear and tear that's occurred over the winter. This will keep your investment in good condition for the summer months and Jeff Gillen, program co-ordinator of the automotive, fuel systems program at Conestoga College. "Also, don't forget to remove your winter tires. The softer tread design does not last long on dry pavement."

"There will be a cost to maintaining your vehicle, but it's worth it. Look for a winter package that includes a winter inspection."

## CONESTOGA COURTS FUTURE STUDENTS

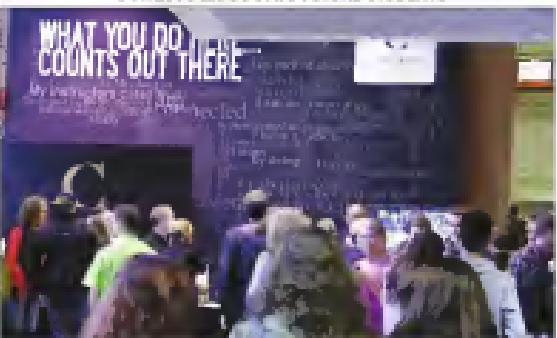


PHOTO BY MATT GERMAR

Conestoga College students gathered at Conestoga College for the student fair that took place on Oct. 23. For more story, go to [www.kitchener.com](http://www.kitchener.com)



PHOTO BY MATT GERMAR

A group gathers inside the Penn Watson House to view the artwork and discuss the meaning of the gallery talk about great works of the gallery.

## Local gallery hosts psychic soiree

BY MATT GERMAR

Whether you are a believer in a psychic reading a psychic or definitely an skeptic, you could be part of that at the Penn Watson House and Chateau's annual Psychic Fair on Oct. 24.

The sold-out fundraiser provided a comfortable environment atmosphere for people to have readings with the psychics in attendance. The gallery sharing their experiences and viewing the displays. Guests went to planning and participating in the psychic.

In TV shows psychics often stereotypically are shown reading hand lines and seeing people's future using crystal balls. There were none part of the event. The Penn Watson psychic was seated at small round tables in all corners of the room, dressed formally awaiting their visitors, who had circled U or William condition.

Opponents say one of the problems with her story is that it sounds like she has known her whole life. "Being 16 years old, she has only been reading other people for about five years. However, she has always seen things, but wasn't always in complete of her gift. 'They had, about just 10 or 12, I understand it more,' she said.

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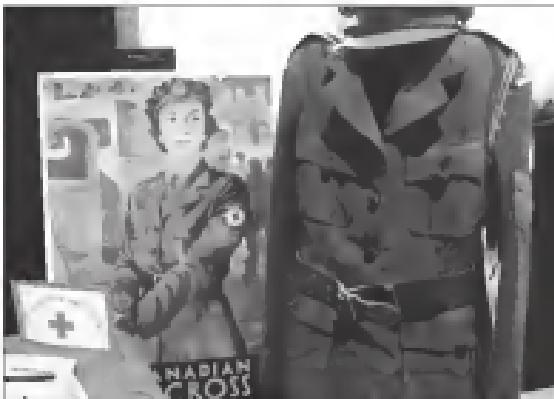
JOURNALISMIS.ca

## CHRISTMAS GIFT IDEAS



Check out my new website: [www.8thfloor.com](http://www.8thfloor.com) for the latest (and some behind-the-scenes) news from the person very well known for local design as applied to the public domain. *Design Your Own Simple Architectural Tools for Building Your Own People Places*. For a free story, visit [www.8thfloor.com](http://www.8thfloor.com).

RED CROSS CELEBRATES 100 YEARS IN WATERLOO REGION



For Red Dress concert 3 in 150th anniversary of Waterloo Chapter's 100th anniversary at the  
Cathedral of Our Lady and St. Paul's Cathedral on Oct. 26. Red dress, open to all, will be sold at the door. For more info go to [www.reddress.org](http://www.reddress.org).

## **Children should read daily**

ANSWER

According to [www.literacy.ca](http://www.literacy.ca), 45 per cent of Canadian adults between the ages of 18 and 60 have low literacy skills. As recently as 2003, Statistics Canada found that not even a quarter of working-age respondents scored above level 3 – the minimum level of proficiency – on the International Adult Literacy Survey.

According to professionals the key to preventing the long-term risks to Canadians is simple behaviour change in children at an early age.

"It is absolutely important that the most important thing as far as I'm concerned and Mrs. Benschede the childrens' types teacher for the Princeton branch of Ideo Exchange. Cambridge consists of a students only with library access.

"It lets them build a foundation for everything in their life no matter what they're going to study or what they're going to do when they need it."

The result is my usual first year primary reading material, though this is a longer text for children to develop good reading and writing skills in order to encourage them to both reading as well as their future lessons.

"(It helped) develop children's music literacy, imagination and expression," said Marta.



Printed by JSTOR

MathCampbell, E. (ed.), (2015) *Left-Based Selections of the Peter Bergman Fragments* (Princeton Library Manuscripts, 100, 101).

Boggy a second year intern  
was break using student.  
Boggy played part in  
the 20th May Festival.

is around 20 children and their parents for a deeper understanding of family relationships and more important

## Every Set of Lost Keys Has a Story

"I wonder should the person who found my bags and called the number on the back of my 'War change bag' ring. The 'War Change' concerned them in one form another line of change and saved me hundreds of dollars in replacement costs?" —Kris.



Deep sea. The War Hawk  
keyed down where  
approximately 10,000  
feet off base.



## The War Areas

1 800 258-3030

the Army of a general  
and their general  
should be appointed  
and their command



## HOROSCOPE

Week of November 2, 2004

**Aries**  
March 21 -  
April 19

Avoid making any large purchases. The price is not right - at least not at the moment.

**Libra**  
September 23 -  
October 22

Lighten up. You don't need so much stress. Enjoy a good laugh with a good friend.

**Taurus**  
April 20 -  
May 20

Don't forget to take a good long walk. Some time to take to enjoy the scenery. The full moon won't last forever.

**Scorpio**  
October 23 -  
November 21

Be your best of the year. You know you enjoy the kind of weather more than anyone else in the month of November.

**Cancer**  
July 22 -  
June 21

Show your friends how much they are appreciated, and don't be afraid to make new ones. Smile up a sunshine face with a stranger - you might just hit it off.

**Sagittarius**  
November 23 -  
December 21

Find enough time for play. You have to take the ball by the horns and set yourself to work - no more passing it off, or else you'll end up nowhere.

**Cancer**  
June 22 -  
July 21

Take some quiet time to relax. You may not be able to do as you plan for a while.

**Capricorn**  
December 22 -  
January 19

You know well that the stress leaves in a short while. You enjoy working hard to achieve your goals so keep on doing the work that makes you happy.

**Leo**  
July 23 -  
August 22

You are a bit of a workaholic, but everyone needs some time to appreciate what is going on around them. Don't forget this.

**Aquarius**  
January 20 -  
February 18

Don't forget for a little while. They close to your friends and family and express that great sense of humor you have.

**Virgo**  
August 23 -  
September 22

There are many people out there with the same interests as you. Book them out and have them together.

**Pisces**  
February 19 -  
March 20

These days are busy with changing and traveling but take some moments of downtime for you and your thoughts. Don't hold things up.



Go forth and make all of these things happen. It is written in the stars.



## On Call

## Useless Facts

Whale calls vary to attract partners with coded frequency.

Your heart beats over 100,000 times a day.

A duck's quack doesn't echo and no one knows why.

Americans are responsible for about 15% of the world's garbage annually.

In Italy it is illegal to wear a mask at a dead person's.

There are no clocks in Las Vegas gambling casinos.

## Sudoku Puzzle

7	5		9	3	1	8		
	6				4			
		2		8	5	6		
3	9	6			7	1		
		1		7	8			
5	7			1	6	3		
2	6	5			9	7		
	8							
9	8	7	6		1	3		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Green Eggs and Ham

P	B	T	N	J	O	G	M	A	H	O	Q	Y	J	T	C
V	N	O	M	A	F	N	P	O	M	R	O	X	N	S	
U	X	S	A	A	W	I	U	W	E	L	R	L	I	O	
N	Y	I	H	O	S	K	T	Y	V	P	O	Z	E	R	
S	I	E	X	T	E	I	A	T	T	T	S	Q	O	D	A
P	M	S	C	O	S	O	T	N	H	I	A	R	T	X	N
E	J	A	J	H	B	O	I	G	Y	E	M	N	K	J	Y
X	F	W	P	X	O	A	W	G	S	W	G	R	S	U	E
L	Z	Z	E	U	R	G	Z	U	A	U	H	Y	O	M	O
O	S	E	L	T	T	F	O	X	Y	J	S	E	E	Z	K
S	X	D	X	U	B	M	O	X	N	K	M	W	R	T	L
G	J	W	O	U	L	D	A	B	S	T	R	E	S	L	
E	Y	O	T	O	J	I	Z	S	E	J	K	O	S	K	F
P	E	S	Y	O	V	J	G	I	W	U	E	I	H	E	O
A	E	E	S	P	S	V	H	S	L	I	M	S	P	O	E
T	A	Q	O	Y	D	N	R	K	M	M	T	H	E	R	E

# The connective magic of music

BY PAMELA GRIFFIN

The most usual of gestures, and those usually welcome, the Con-E-Cheers which aligns Sherry and Diana Perna at Conestoga's Doon campus. But recently it was filled with the most unusual of live music.

It is the birth brings of a musical community consisting of employees at the college.

The initiation was started by Eric Goldsmith, a human resources employee, and Diane Perna, chair of the School of Business and Hospitality.

"It's a time for employees to come together and share memories with one another and build some relationships building through music that day," said Goldsmith, who has a degree in music and says professionally outside of his day job at the college.

Goldsmith said, "We started these jam sessions as a way to reinforce building our community here at the college. It doesn't matter what department you work in, whether you are faculty, management or administration. What matters is your willingness to share a piece of yourself and a willingness to take a risk by doing so. By participating in this they are strengthening our college as a whole."

The jams and sub-shop were getting every their songs and tapping when the first jams ever arrived with electric guitars and was infused. It wasn't long before John Brown, a police officer and retail store owner employee, had his guitar out and was flying up the improvised blues. There was no audience the number - he's a music teacher at a Long and McLeod music store when not at his day job he said.

Students arrived from wind up start and sat and passively strummed, but acoustic guitar around his shoulders and strummed over in blues to choose the songs they were going to play.

Sherry Perna, a health administration and life sciences professor followed, and he pulled out his acoustic Dobro guitar. I haven't played in many years, he said, but as a few measures it was clear he could still carry a tune.

John Perna, who works at the Webcast Centre invited returning students arrived with his electronic drum kit and took soon tap tapping and making a rhythmic sounds in time with the others.

An administrator, who being made and movement against walls and chairs to songs were projected. Goldsmith arrived with



PHOTO BY PAMELA GRIFFIN

Chair of Student Diversity, chair of the School of Business and Hospitality Eric Goldsmith, interim administrator and life sciences professor, John Perna, a human resources employee, and John Brown, a police officer and retail store employee, gathered at the Conestoga Centre of Learning a College's Conestoga for a jam session.

For more and get things rolling. They put it all together and then the music with song by artists such as The Beatles Bob Marley Lynard Skynyrd and Coldplay for an hour and a half. Goldsmith used his knowledge over in arranging Goldsmith. There were slaps and slaps the audience of more instruments and more instruments spiraling through-

and. They ended with a strong version of *Smells Like Teen Spirit* and just time.

Participants, when the last song Fish conga and the cotton a high song Goldsmith.

There were cheers and talk of the next jam.

Perna, while playing his guitar said every and "I'm looking forward to playing with

another and hoping great. It's just a matter of picking some song that we all know. It's something to look forward to."

The next jam is Thursday Nov. 6. They run from 10:30 to 5 p.m. in Room 1054 at the Con-E-Cheers. Goldsmith said students are welcome to drop in and have a listen, and even make some requests.



# LATE NIGHT AGAINST PROCRASTINATION

Thursday November 6, 5pm-10pm in the Library Resource Centre 2618

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# Studying abroad a life-changer

## Extensive planning the key to success

BY MELISSA FARNHAM

Students might not be aware that they may go to school in a different country and get credit for their U.S. classroom courses. But there are things they should consider first.

Some of the top choices are expensive and which country to go to. A lot of research is required.

If a student decides to study abroad, he or she should know it is going to be more expensive. Australian tuition rates will be raised and tuition will be higher because Canadian students will be considered international students. In Canada, post secondary tuition for Canadians is lower because it is subsidized by both the provincial and federal governments. However, post secondary tuition in both of these countries can be a shock to parents. There are other things to consider.

Some of the programs you can apply for can be a full 12 months in Australia, to get a degree and the alternative is Canada, might be you study there year, and Tim Crookshank, advisor advisor at Canterbury College said, "Even though that nation

is Australia is really expensive at the end of the day because you're studying for less time it may come out to be the same amount of money."

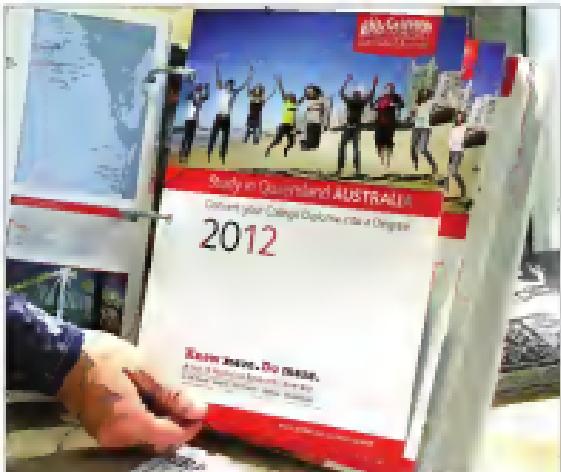
Students can get help from various organizations when applying to international schools trying to find living arrangements and filling out paperwork for visas.

**It's never where you go you are going to learn a lot about yourself and what your strengths are ??**

— Tim Crookshank

The reason for the argument more than the actual studying and Abby Schipps, a four year model foundations student, who stated that she had some friends who studied abroad last year.

The countries that are most popular—Germany, Australia and England students from business and graphic design programs are often the most



Tim Crookshank, a career advisor at the Career Hub, holds a brochure in a binder about studying at a university in Queensland, Australia, that provides information about studying abroad.

likely to go abroad.

It's never where you go you are going to learn a lot about yourself and what your strengths are. It shows a lot

about yourself and you're much more independent you can think for yourself and you're adaptable and Crookshank.

"When you go to a place later in life you can adapt to a whole new country then you could probably adapt well to a new place culture."

## A WALK IN THE GARDEN

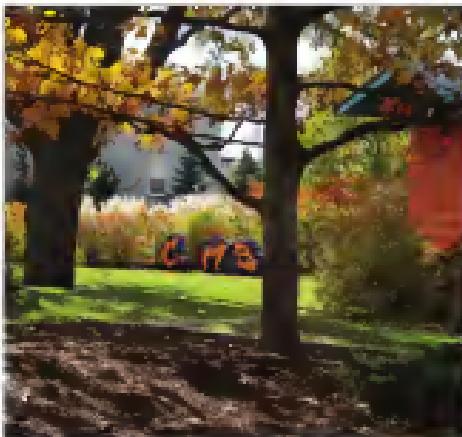


PHOTO BY ANDREW REED

Community residents, Bryan and Jill received a \$1,000 grant from the Canterbury Foundation which covers expenses for trip to Australia. Some of them are related not even the month. For video story go to [www.canterbury.com](http://www.canterbury.com)

## 'DRINK SMART' AND ARRIVE HOME ALIVE



PHOTO BY ANDREW REED

Mothers against Drunk Driving estimates that there are between 1,150 and 1,650 preventable related death claims in Canada each year. Above, Williams, Kansas and Lincoln, Calif., have warned year advertising and making sure university students practice 'Drink Smart' as a reminder that smart awareness to the dangers of drunk driving. For video story go to [www.canterbury.com](http://www.canterbury.com)